

MOUNTAIN CLIMBING

✓ Menu

Breakfasts

- Fried Eggs
- Müesli (Alpine Cereals)
- Bread
- Scones with Margarine, Marmalade
- Fresh or tinned fruits
- Tea, Coffee, Chocolate

Lunches

- Fresh Juices
- Biscuits
- Bread/Scones
- Fried Fish
- Mandazi
- Samosas
- Sausages
- Hard/soft Cheese

Dinners

- Soup, Chips, Fried Fish, mixed vegetables / green peas, Fruit salad, / Fruit juice, Tea / Coffee / Cocoa
- OR
- Soup, Chapati, Spiced Roast beef, Carrots / Spinach, Fruit Salad / Fruit juice, Tea / Coffee/ Cocoa
- OR
- Soup, Boiled Rice, Fried Beef, Green vegetables, Fruit Salad / Fruit juice, Tea / Coffee /Cocoa
- OR
- Soup, Spaghetti / Pasta, Mince beef stew, Carrots, Cabbages, Fruit Salad, Fruit Juice, Tea/ Coffee/ Cocoa
- OR
- Soup, Boiled Rice, Roast Chicken, Mixed vegetables, Fruit salad / Fruit juice, Tea / Coffee/Cocoa

Snacks

All Days

- Peanuts, sweets, chewing gum, chocolate bars, raisins, dextrose

Summit Ascend

- 1 Juice packet, biscuits, crunches, energizers, dried fruits

